

ABLE Skills Assessment

Name _____

Date _____

(use rubric descriptions to score the below)

Rubric Score

Comments & Initials

Station 1

S K D

- A. High Element Set Up/Down
- B. Team Belay Set Up
- C. Cable Grab
- D. Belay Commands
- E. Butterfly knot
- F. Killick hitch
- G. Mountaineering Coil
- H. Butterfly Coil

Station 2

- A. High Set Up/Down
- B. LEAP anchors
- C. Belay command system
- D. Safety Check System
- E. Belay Technique
- F. Bowline on a bight
- G. Follow through 8
- H. Fit harness to self and others
- I. Ladder Safety and Spotting

Station 3

- A. Pamper Pole Set Up
- B. Just Rite Descender Belay
- C. Belay command system
- D. Safety Check System
- E. Chest Harness Use
- F. Overall Element Mgt.
- G. Double 8 knot
- H. Ladder Safety and Spotting

Station 4

- A. Tower Mgt./Set Up
- B. Rappel Technique
- C. Rappel Backup Belay
- D. Climbing Wall Set Up

Station 5

- A. Zip Belay Procedures
- B. Removal from Zip
- C. Command System
- D. Know Equipment for Set Up

High Element Set Up Indoors (Safely set up, facilitate and take down the following)

- A. Climbing Wall
- B. Trapeze
- C. Balance Beam
- D. Flying Squirrel
- E. Dangle Duo (Team belay)
- F. Centipede
- G. Vertical Playground
- H. Giant's Ladder

